

**N.R.H.S.A.A TRACK AND FIELD GUIDELINES****INDEX**

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## 2006 N.R.H.S.A.A. TRACK AND FIELD GUIDELINES

### 1. FACILITIES

**NO ONE SHOULD ENTER THE SCHOOL AT ANY TIME FOR ANY REASON**

#### 1. CHANGE ROOMS/WASHROOMS

There are no change rooms available. Please come dressed for competition.

Washroom facilities are available on site. **DO NOT ENTER THE SCHOOL TO USE THE SCHOOL WASHROOMS.**

#### 2. FOOD SERVICE

Food concession services will be available at the meet. School cafeteria facilities are off limits to athletes. **PLEASE DO NOT ENTER THE SCHOOL TO USE THE CAFETERIA.**

#### 3. CLEANUP

We are fortunate to have access to the excellent facilities provided. Let's show our appreciation by leaving the site as clean as or cleaner than we found it. Please use the garbage pails provided.

**PLEASE DO NOT LITTER**

**ALL SCHOOLS ARE REQUESTED TO BRING GARBAGE BAGS AND CLEAN UP THEIR AREA WHEN THEY LEAVE**

#### 4. INFIELD

**THE ONLY PEOPLE ON THE INSIDE OF THE TRACK SHOULD BE OFFICIALS AND ATHLETES WHO HAVE BEEN CALLED TO THEIR EVENTS. ATHLETES SHOULD MOVE AS QUICKLY AS POSSIBLE TO THE OUTSIDE OF THE TRACK WHEN THEIR EVENT IS COMPLETED.**

**COACHES SHOULD NOT BE ON THE INFIELD**

**PLEASE COOPERATE TO ASSIST WITH THE EFFICIENT AND SAFE OPERATION OF THE MEET**

## **2. WEATHER RAIN/LIGHTNING**

1. Track and field competitions are seldom rescheduled due to rain. Only in the case of severe weather conditions predicted for the whole day will the meet be moved to a rain day. Please listen to radio stations CKTB - 610 and CHSC - 1220 for cancellation announcements in case of severe weather.
2. For safety reasons there may be delays during the meet in the case of severe weather conditions such as lightning.
3. *Participants should come prepared with proper attire for adverse weather conditions.*

## **3. CODE OF CONDUCT**

Sportsmanlike conduct is expected from all participants at all times. Profanity, arguing with officials, taunting, throwing batons and other unacceptable behaviour on the part of athletes and/or coaches may result in disqualification. The disqualification may be from the competition/event involved, the entire meet and possibly all future competitions.

## **4. SPECIAL EVENTS FOR DISABLED ATHLETES**

1. There are several Open events scheduled at SOSSA/OFSAA for disabled athletes. The events are:
  - Girls' Ambulatory 100 m
  - Boys' Ambulatory 100 m
  - Girls' Blind 800 m
  - Girls' Wheel Chair 800 m
  - Boys' Blind 1500 m
  - Boys' Wheel Chair 1500 m
2. *If you have athletes in the listed disabled events please contact the meet convenor immediately so that arrangements may be made for their participation.*

## **5. ATHLETE ELIGIBILITY/ENTRY AND NUMBER OF EVENTS**

1. All entries must qualify under NRHSAA and SOSSA eligibility rules. Check the NRHSAA and SOSSA constitutions if in question.
2. There shall be no more than 4 entries per school in individual events. In relay events only one relay team per school is permitted.
3. Competitors may enter any three individual events. (e.g. two (2) running and one (1) field or three(3) running events). All individual events must be in the same age class. In addition, an athlete may enter two relays - one age class relay and one open relay.
4. An athlete may compete in the individual track and field events in his/her own age classification and then move up to a higher classification for an age class relay providing he/she does not compete in the relay or relays in his/her own classification.
5. An athlete choosing to compete in individual events in a higher age class may still compete in his/her age class relay.
6. All athletes, even *SUBSTITUES* without any events, must be entered on the Entry/Eligibility sheets.

7. *All TRANSFER STUDENTS* must be signified by an asterisk on the Entry/Eligibility sheets.
8. More than four(4) athletes, up to eight(8), may be designated for a relay.
9. All Entry/Eligibility sheets must be signed by the principal or designate.

## **6. SUBSTITUTIONS AND ADDITIONS**

1. Once the entry website is closed schools may be permitted to make a **FEW NECESSARY ADDITIONS OR SUBSTITUTIONS. Coaches are requested to make such substitutions and additions at least 24 hours before the start of the competition.** Schools are required to contact the computer person in charge of entries in some form with the required information. This time limit is necessary because once the entry website is closed, and data transferred to Meet Manager considerable time is required to structure the meet.
1. Substitutions or additions within 24 hours of the start of the competition or during the meet can only be made under extreme circumstances and if time and logistics permit. Such last minute requests may require approval from the Jury of Appeal.
1. A substitution for an injured athlete during the meet may be permitted. The conditions under Rule 5 under section 7. SCRATCHES following must be met for such a substitution.

## **7. SCRATCHES**

1. Scratches are entered athletes who have been declared by their coach as not competing in their event before the beginning of the meet, not the event. Once the meet begins athletes not showing for an event are considered no-shows (see section 8.).
2. Coaches are requested to scratch athletes at least 24 hours before the meet begins. All verbal contact should be followed up with written confirmation faxed, e-mailed or couriered to the person in charge of computer entries. Athletes scratched after this time or the morning of the meet risk being scratched from all events or declared a no show, unless unusual circumstances apply. The Jury of Appeal may be required to rule on the unusual circumstances.
3. If an athlete must be scratched at the last minute, the morning of the competition for example, a scratch form must be completed and given to the person in charge of computer entries before the meet begins. Remember under 2 above, such an athlete risks being scratched from all events or being declared a no show.
4. Athletes who have not been scratched and do not show for an event will be considered no-shows and will be ineligible for all competition for the rest of the day, including relays (see section 8. No-Shows).
5. An athlete injured during the meet may be advised by his/her coach/staff advisor, in consultation with the medical personnel, to withdraw from certain events. If the meet convenor or the appropriate referee are contacted before the event, the withdrawal may be ruled a scratch and not a no-show. A substitution for the injured athlete will be allowed before the event(s) begin if the athlete is considered a scratch. If the appropriate person is not contacted before the event the athlete will normally be considered a no-show unless unusual circumstances apply.

## **8. NO-SHOWS**

1. An athlete is a no-show if they do not show for an event in which they have been entered and have not been scratched.
2. A no-show athlete is ineligible to compete for the remainder of the meet in any other events, including relays.
3. If the athlete has earlier qualified to advance to the next meet in other events they are eligible for those events at the next level of competition.
4. Athletes must check into the event when it is called. Once the competition begins athletes who have not checked in will be considered no-shows (see sections 9. and 10.). Athletes will not normally be able to check into an event once it has begun. The appropriate referee or Jury of Appeal may be required to rule on the participation of late arrivals.

## **9. ANNOUNCING/SCHEDULE OF EVENTS**

1. The times of the events indicated on the schedule should be regarded as approximate only. Events may be delayed or moved ahead.
2. The order of events will not change unless approved by the Jury of Appeal.
2. Three warning calls will be given for each event with the initial call coming fifteen(15) minutes before the start of the event. The official in charge has authority to start the event after the third call.

## **10. CONFLICTS BETWEEN TRACK AND FIELD EVENTS**

1. Track events take precedence over field events.
1. If an athlete has a schedule conflict, he/she must check in with the field event official and advise them that they are involved in a track event. He/she may then go to the track event but must then return immediately to the field event after the completion of the track event.
1. The athlete(s) in conflict may request to be placed in a certain position in the order of the field event. For example they may request to be the last competitor in the order.
1. When such a competitor returns to a throwing or horizontal jumping event he/she begins competing at the present round of competition. If the event has entered the 3 extra rounds for the top eight competitors the competitor must have completed a top eight qualifying jump in the preliminary round to be allowed any of the three extra attempts.
1. A vertical jump competitor when returning to the event will be considered to have passed any rounds and will rejoin the competition according to the normal rules.
1. A field event judge should not declare an event completed or begin the 3 extra attempts for the top eight without consulting with the field referee, if field competitors who have checked in are missing at track events.

## **11. EXTRA ROUNDS IN THROWING AND HORIZONTAL JUMPS**

1. At the zone competitions three extra attempts will be given to the top eight competitors after the three preliminary rounds.
1. There will be no extra attempts at the Zone IV Preliminary Meet.

## **12. TIMED SECTION FINALS**

1. If there are recent times available for seeding the fastest eight(8) competitors will be seeded into the last heat. The next eight(8) fastest competitors will be seeded into the second last heat.
2. If seeding times are not available the heats will be seeded at random.

## **13. ADVANCEMENT FROM HEATS TO FINALS**

1. If no recent times are available athletes will be seeded into heats at random. The winner of each heat will advance. The rest of the advancers will be determined by time.
2. If recent times are available athletes will be seeded into heats based on their times. The heats will be arranged so that, normally, the best performers reach the final. Advancement from the heats to final will be according to the following pattern.

2 heats            top two(2) in each heat, plus next four(4) fastest times  
3 or more heats    top finisher in each heat, plus the remainder determined by time

3. If two competitors tie, according to time, for the last advancement position the competitor finishing higher in a heat will advance. If the tie still exists the times recorded to the 1/1000th will be used as the tie-breaker.
2. **If eight or less competitors register or check-in for an event which has heats scheduled the heats will be collapsed to one and the event will be held as a final at the time the heats are scheduled.**

## **14. LANE ASSIGNMENTS**

1. If recent times are available in sprint events contested in lanes the fastest four(4) competitors will be seeded at random into the middle four(4) lanes.
2. In events not contested in lanes competitors will be assigned starting positions at random.

## **15. 800 M. STARTS**

1. In the 800 metre an individual lane start or box start will be used, depending on the number of athletes.
2. In either type of start the competitors will run the first corner in their assigned lane or box.

## 16. HURDLES

Hurdle Event	Distance	Height	Distance Start to 1 <sup>st</sup>	Distance of 1 to 2 etc.	Distance From Last to Finish	Number of Hurdles
Midget Girls	80 M.	2'6" 0.762 M.	12 M.	8 M.	12 M.	8
Junior Girls	80 M.	2'6" 0.762 M.	12 M.	8 M.	12 M.	8
Senior Girls	100 M.	2'6" 0.762 M.	13 M.	8.5 M.	10.5 M.	10
Midget Boys	100 M.	2'9" 0.840 M.	13 M.	8.5 M.	10.5 M.	10
Junior Boys	100 M.	3' 0.914 M.	13 M.	8.5 M.	10.5 M.	10
Senior Boys	110 M.	3' 0.914 M.	13.72 M.	9.14 M.	14.02 M.	10
Midget/Junior Girls	300 M.	2'6" 0.762 M.	50 M.	35 M.	40 M.	7
Midget/Junior Boys	300 M.	2'9" 0.840 M.	50 M.	35 M.	40 M.	7
Senior Girls	400 M.	2'6". 0.762	45 M.	35 M.	48 M.	10
Senior Boys	400 M.	3' 0.914 M.	45 M.	35 M.	48 M.	10

## 17. STARTING HEIGHTS

### 1. HIGH JUMP:

BOYS		GIRLS	
Midget	1.40 M.	Midget	1.05 M.
Junior	1.45 M.	Junior	1.10 M.
Senior	1.50 M.	Senior	1.15 M.

The event official may modify these starting heights with the approval of the field referee.

### 2. Pole Vault:

The starting heights in the pole vault will be determined by the event official. The field referee may be consulted.

## **18. THROWING EVENT IMPLEMENTS**

EVENT	MALE OR FEMALE	LEVEL	WEIGHT
Javelin	Girls'	All	600 g.
Javelin	Boys'	Midget & Junior	600 g.
Javelin	Boys'	Senior	800 g.
Shot Put	Girls'	All	4 kg. 8 lb. 13 oz.
Shot Put	Boys'	Midget & Junior	4 kg. 8 lb. 13 oz.
Shot Put	Boys'	Senior	5.443 kg. 12 lb.

## **19. STEEPLECHASE**

### 1. Open Girls' 1500 M.

There are 12 hurdles and 3 water jumps in total. At the start there are no hurdles or water jump used between the start and the finish line, approximately 300 m. Then three complete laps are run with all obstacles in place. All obstacles are 76 cm. in height. The water jump is 3.66 m. in length.

### 2. Open Boys' 2000 M.

There are 18 hurdles and 5 water jumps in total. At the start there is one hurdle between the start and the first water jump followed by one hurdle before the finish. Then four complete laps are run with all obstacles in place. All obstacles are 91 cm. in height. The water jump is 3.66 m. in length.

## **20. TIMING/PHOTO FINISH**

1. A Photo/Video Timing System will be used to record and determine times and places at the finish line.
2. All finishes in sprint events and other races will be reviewed to determine official placements and times.
3. The official placements will be based on the recorded video finish. Initial placements determined by the finish line crew are only preliminary.
4. Times are recorded to 1/1000th of a second and official results posted to 1/100th second according to IAAF rules.
5. If any school wishes to contest the final results an official protest may be requested at a cost of twenty-five dollars (\$25). See section 22. PROTESTS. If the protest is successful the \$25 will be returned.

## **21. JURY OF APPEAL**

1. The Jury of Appeal will consider any official protests.
2. Any decision regarding track and field rules they render will be final and may not be appealed to another level.
3. The Jury of Appeal shall consist of the Meet Convenor, Track Referee and Field Referee.

## **22. PROTESTS**

1. The appropriate referee should be contacted by the coach/staff advisor within 30 minutes of the conclusion of the event. If the coach is not satisfied with the referee's decision an official protest may be initiated.
2. A completed Protest Form accompanied by a twenty-five(\$25) dollar fee must be submitted to the meet convenor within one hour of the conclusion of the event.
3. If the Jury of Appeal rules in favour of the school the twenty-five(\$25) dollar fee will be returned.

## **23. UNIFORMS**

1. "Competitors in SOSSA track & field meets shall wear a presentable school track & field uniform or a school physical education uniform, or a white t-shirt with school shorts. A violation of this will bar the offender from entry into an event."

per SOSSA Constitution

2. The SOSSA rules will be applied at Zone.
3. The following will be accepted as the only PROPER UNIFORM for competitors:

Top:                   -       School track top  
                               -       School crested t-shirt  
                               -       Plain white t-shirt  
                               -       NO OTHER numbers, names or labels

Shorts -               Proper recognizable athletic shorts (plain or with school name/identification/logo)  
                               -       Running tights are acceptable  
                               -       Proper sweat pants (see shorts above) are allowed (if it is cold/rainy and  
   has been ruled on by the jury of appeal)  
                               -       NO OTHER cut offs, jams, Hawaiian or other exotic shorts may be worn  
   while competing

General               -       Exotic clothing or headgear may not be worn while competing.

### NOTE FOR RELAYS

All four(4) competitors in relay events should be attired in a similar manner. The athletes should wear the same coloured tops and the same coloured shorts.

## **24. SPIKES/SURFACE**

1. The surface for the track, jumping and javelin runways is rubberized.
2. The surface for throwing events, other than javelin is asphalt/concrete.
3. The longest spikes permitted on the rubberized surface is 7 mm.

## **25. STARTING BLOCKS**

1. Only the starting blocks supplied will be permitted.
2. The use of starting blocks in the sprints events, up to and including the 400 metres, is not mandatory but encouraged to avoid false starts.

## **26. COACHING**

1. A reminder to all coaches of the track and field rule that coaching of athletes from the infield of the track during races or in the competition area of a field event may lead to the disqualification of a competitor.
2. Split times may only be given by the designated timer and by no other person or persons during the distance races.

## **27. TEAM CHAMPIONSHIPS/POINTS**

1. Points at Zone will be awarded according to the following.
 

1 <sup>st</sup> place	6 points
2 <sup>nd</sup> place	4 points
3 <sup>rd</sup> place	3 points
4 <sup>th</sup> place	2 points
5 <sup>th</sup> place	1 point
2. Team championships will be declared based on accumulated points for Girls' Overall, Boys' Overall and Combined Overall.

## **28. QUALIFICATION TO FUTURE COMPETITIONS**

1. Top five(5) in all events including relays advance from Zone to SOSSA
2. Top five(5) in all events including relays advance from SOSSA to Regional
3. Top four(4) in all events including relays advance from Regional to OFSAA

## **29. RULES OF COMPETITION**

1. Upon request, detailed rules for each event will be supplied to the event officials by the meet convenor before the competitions.
2. **In order to clarify rules of competition the following order of interpretation will be used:**
  - (i) NRHSAA and SOSSA Rules, most of which have been included in this set of guidelines
  - (ii) OFSAA Rules
  - (iii) Athletics Canada Rules and By-Laws
  - (iv) IAAF Handbook

Note: The IAAF Rule regarding one false start is in effect. Any athlete false starting after the first false start has been charged to the field will be disqualified.

3. Questions and challenges regarding how an event is being conducted by the officials should NOT be directed to the event officials. Coaches/staff advisors should consult with the appropriate referee or the convenor regarding rules and their interpretation during the competition.
4. Coaches/staff advisors wishing additional information regarding rules before the competition should contact the coordinator/convenor.

## **30. AWARDS/RIBBONS**

1. Zone ribbons will be awarded to the top six(6) finishers in each event at Zone.
2. The ribbons in field events will be awarded by the event official at the conclusion of the event.
3. SOSSA no longer supplies ribbons to the zones and a fee must be charged to cover the cost.

## **31. AGE CATEGORIES**

- MIDGET - the individual's birth certificate indicates that he/she has not reached his/her 14<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held.
- **Note: Students may compete in this category for 1 year only. THEIR GRADE 9 YEAR**
  - born in 1991 or later
- JUNIOR - the individual's birth certificate indicates that he/she has not reached his/her 15<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held.
- born in 1990 or 1991
- SENIOR - the individual's birth certificate indicates that he/she has not reached his/her 19<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held.
- born in 1986 or later

**NOTE:** Students in the sixth year of high school from the date of entry into grade nine are ineligible for competition. No appeals are possible relating to years of eligibility.